



USAF SERVICES COMMUNITIES

A Newsletter of the United States Air Force Community Centers

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Ten Ways Fathers Can Contribute to Their Children's Health

Cough-syrup commercials featuring "Dr. Mom," tout the healing properties of the maternal bond, so how can a busy father play a role in keeping his children healthy?

Dr. Joseph Garcia-Prats, neonatologist at Texas Children's Hospital and himself a father of ten sons, stresses that fathers need to realize there are more aspects to their children's well-being than medical health.

"Emotional well-being, mental and social vitality, along with physical fitness are all equally important as the medical aspect of health," said Dr. Garcia-Prats.

Dr. Garcia-Prats makes the following recommendations for fathers and

"Emotional well-being, mental and social vitality, along with physical fitness are all equally important as the medical aspect of health."

male caregivers to ensure the health of their little ones.

1. Make your children a priority in life. When children feel they are important, their self-esteem blooms.

2. Teach by example. If you want your children to be courteous and respectful of others, then you should act that way.

3. Take a good look at your child. At the dinner table, notice their demeanor, look for dark circles under

the eyes. Sometimes a sudden change in behavior can indicate a potential health problem.

4. Read over immunization requirements. Although your children may not want to get a shot, that injection can prevent them from getting a serious, life-threatening, preventable illness.

5. Nurture your child's spiritual life whatever your spiritual beliefs. Let children know there is more to life than material gain. Teach them a sense of right and wrong and encourage them to use their talents to help others.

6. Accept each child as an individual. Each child has different talents that can be nurtured.

7. Watch the evening news. Has anyone reported an outbreak of a certain virus or a recall of a popular toy? By keeping an eye out for potential hazards, you can prevent your child from getting sick or hurt in the first place.

8. Get involved in your child's
See [Children's Health](#) on page 3

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"Character is doing the right thing when no one is watching."

J.C. Watts

The Brilliant Mind

You are in possession of a brilliant mind. You have within the walls of your skull the ability to create a platform for an incredible life. All it takes is one idea.

In order to tap into the incredible power held within your BRILLIANT mind you need to feed it. You need to fertilize it. You need to ensure that at every possible opportunity you inject into your mind a positive thought or statement. The other thing you need to do is analyze where you are.

That is why I have prepared the following list of 20 questions. Your personal self-analysis. All it takes is an hour of your time and a pen and paper.

1. My greatest strengths are...?
2. My greatest weaknesses are...?
3. Am I presently making the best use of my strengths in my present occupation? If not, why not?
4. If time and money weren't an option, what would I be doing today and what work would I pursue?
5. Have I established a goal which, in the next twelve months will contribute to my overall life goal? If so write it down. If not, then use these four categories to assist you. Write two or three ideas for each category. In the next twelve months I will do, have, learn and be...

See [Brilliant](#) on page 3

BETTER LIFE SKILLS

BY COACH JIM

Jim Allen is a former Air Force NCO (13 years) and a life and business coach. Subscribe to his free internet newsletter by sending an e-mail to: SubscribeCT@CoachJim.com, or visit his website, CoachJim.com

Chopping Down Creative Blocks

Ever find yourself in a creative slump? One of those slumps where, despite your interest and desire, you just can't come up with a new idea for a brand new project -- or one that you've been working on for a while?

Here are a few simple tips that can help you break through any blocks.

TAKE A BREAK. Taking a break is the simplest, most basic, and most important thing you can do when you're stuck creatively. Step away from the project and don't think about it for a while. If you don't, you can trap yourself in a negative loop of pushing to come up with a new idea, not being able to, then getting angry or upset with yourself.

If you are facing a deadline, take frequent short breaks. Work 10 to 15 minutes at a time, then take a break. If you've been working for many hours without luck, try another one of the techniques below or try taking a short nap.

CHANGE YOUR MIND. Try participating in an activity that uses a different part of your brain. For example, if you've been struggling with a writing project, stop and balance your checkbook, then go back to what you were doing. This helps change your focus and gets another part of your mind active, which may lead to a new thought or idea.

EXERCISE. Creative blocks can be incredibly depressing, affecting both your mind and your body. Counteract these effects by exercising regularly.

GO SURFING. Go idea surfing. Stroll through your local mall, museum, galleries, or libraries. Look through books and magazines for words, images, colors, gadgets and gizmos that capture your eye. Expose yourself to new ideas in

fields you know and those you don't and see what stirs in your mind.

Or surf online -- but not to the same old sites you always go to! Instead, type random words into a search engine.

REVIEW YOUR JOURNAL. If you keep a journal, sketchbook, notebook, memory book, etc., now's the time to take a look at it. See if there's something in what you've written, drawn, or created previously that sparks a new idea or interest.

Don't keep a journal? Then it's a perfect time to start one. Jot down how you're feeling, what you see or hear, anything that strikes you as odd or interesting, doodle, sketch, do math problems, word play, whatever.

HELP SOMEONE ELSE. Ask around and see if anyone you know needs help with a project of theirs. Again, you take the focus off yourself and give your mind the chance to work on something new. Quite often you'll find that the advice or help you give is often the exact advice/help you need yourself!

CREATIVE, KNOW THYSELF. For many, being creative comes in cycles, or waves, where we have periods of abundant ideas, creativity, and production which are followed by slow points of few -- if any -- creative action. Before over-reacting to a supposed "slump" or "block," ask yourself if this is simply part of your creative process?

For instance, I know that every 3 to 4 months I'll hit a "dry spell" where I won't have many new ideas or breakthroughs. I've come to recognize that my creative mind needs 2 to 3 weeks to "rest" and recharge. When I reach a slump, I turn my attention towards less creative activities or to areas that I might have been ignoring while deep in one of my creative projects.

Being aware of your own creative tendencies can help you spot blocks much earlier and keep you from worrying about slumps.

Try these ideas the next time you find yourself blocked creatively and see if they help you recharge your imagination!

Source: www.CoachJim.com, June 2002

ACTIVE AMERICANS

HAVING FUN & STAYING FIT FOR LIFE

Be Safe During Your Summer Bike Trips

As more and more cyclists take to the roads, trails, and paths this summer, the U.S. Consumer Product Safety Commission (CPSC) offers these bicycle safety tips.

Wearing a helmet is the most important thing you can do to protect yourself

1. Buy a helmet that bears a label saying it meets the American National Standards Institute (ANSI) standard Z90.40 1984 or the Snell Memorial Foundation standard B 90,B 90S.

2. Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.

3. Make sure the it fits snugly and does not obstruct your field of vision.

4. Always wear the helmet with the chin strap firmly buckled. Make sure the buckle stays fastened to provide impact protection.

5. Do not use a helmet after it has been involved in an accident.

Along with using a helmet, rider actions and reactions play a major role in preventing injuries. Follow these simple rules when biking:

- See and be seen. Wear bright fluorescent colors during the day.

- Avoid biking at night. If riding at night, equip your bicycle with head and tail lights and wear reflective clothing.

- Stay alert. Keep a lookout for obstacles in your path.

- Go with the flow. Ride with traffic.

- Check for traffic. Be aware of traffic around you.

- Learn the rules of the road. Obey traffic laws.

- Assure bicycle readiness...Is your bicycle properly adjusted?

- Check brakes before riding.

- Check your wheels..."Quick release" wheels should be securely fastened.

CPSC encourages consumers to access bicycle safety publications through the internet at www.cpsc.gov.

Source: [U.S. Consumer Product Safety Commission](http://www.cpsc.gov), June 2002

It's Not Personal

Do you tend to take things personally? If someone around you is having a bad day, do you wonder what you did wrong? If someone treats you discourteously, do you take it as a personal insult? Or worse yet, do you think you deserve it?

Your relationships would improve and your life would be easier if you didn't take everything personally. How would you then feel about your current relationships, romantic and otherwise? Would you find more peace, intimacy and connection if you were less easily hurt or offended?

The truth is people do what they do because of their past experiences, their personality and the circumstances surrounding their actions. Very little of how people act or react toward you actually has to do with you. If you can believe this in your heart and remember it, dealing with people under any circumstance becomes much easier.

Not taking things personally requires that you consciously allow whatever is being said or done to "roll off your back." Visualize the issue coming at you. Then take a breath, letting it roll off you and fall away.

Here are some examples of situations where you may not want to take things personally:

- When your intimate partner is upset at you, it may be something you did. On the other hand, it may be nothing you did. Your partner may be misinterpreting or reacting to the situation. If you take the upset personally, you will create an argument. It's better when you don't take it personally and calmly discuss the issue.

- If you feel someone is trying to take advantage of you, for example a car salesman, you could remember that this person is acting the way he would act with anyone. It's not personal. Rather than getting offended, you calmly take care of yourself and your money.

- When your partner, boss, friend or parent doesn't approve of your actions or criticizes you, know that these are their opinions or judgments.

It's not personal. Rather than feeling attacked or diminished, calmly discuss the situation and your viewpoint.

This way of looking at relationships will save you a lot of grief in emotional reactions, arguments and hurt feelings.

As an additional bonus, people will be generally nicer and more courteous with you because they will know they cannot "get your goat" easily.

Remember, it's not personal.

Source: By Rinatta Paries, Relationship Coach, www.whatittakes.com/Subscriptions/unsubscribercn.html, June 2002

Children's Health

Continued from page 1

activities. Ballet. Soccer. Ask your children to teach you something about their chosen activities.

9. Take your children outside. Allergies and heat are an important part of summer. Throwing a ball or going to the park early on a Saturday morning before the temperature hits 90 degrees gets them moving and can be more meaningful than watching cartoons. Even a picnic or tent in the backyard where father and children can play a game is a worthwhile activity.

10. Hug them. A daily dose of Vitamin "T" (for touch) and a simple "I love you" can go a long way in keeping children healthy.

"Simple, but meaningful, moments with your children will increase their happiness and, consequently, their healthiness," adds Dr. Garcia-Prats

Source: KidSource On-Line, June 2002

JUST THE FACTS:

In a hot vehicle, a child's core body temperature can increase three to five times faster than that of an adult. At 93 degrees Fahrenheit, even with a window cracked, the temperature inside a car can reach 125 degrees in just 20 minutes and approximately 140 degrees in 40 minutes.

Source: U.S. Consumer product Safety Commission, June 2002

Brilliant

Continued from page 1

6. In my present occupation do I provide both quality and quantity of service?

7. What is my greatest fear and what action can I perform to overcome it?

8. Do I procrastinate? If so how can I improve my rate of performance?

9. Do I persist with a project or a goal until its completion?

10. Do I make a habit of seeking out mentors in my chosen field? When was the last time that I sat down with someone, much more successful than myself, to learn from them?

11. Have I met someone new this past week?

12. Do I use my time wisely? How many hours in the past week have I spent developing myself mentally, physically, spiritually, socially and financially?

13. How much time have I wasted this past week?

14. In what areas of my life can I improve?

15. Have I made decisions this week based upon my personal attention to detail, or have they been made without too much thought?

16. Have I planned my week and each day in advance so that the building blocks to my success are built through planning and not through guesswork?

17. Have I remained true to my conscience and maintained integrity in all my affairs?

18. Have I maintained good relationships with all those whom I have dealt with this week?

19. Have I encouraged another 'student of success' this week through a phone call, note, letter or email?

20. Have I achieved all that I set out to achieve this week? Are there any areas I could become more efficient in, or even possibly delegate?

If you take the time to write down answers to all the above questions you are preparing yourself for some brilliant adjustments and changes to not only your thinking, but to your entire life. It's worth the effort! You are on your way to a brilliant life.

You can do it!

Source: Peter Sinclair, <http://www.motivationalmemo.com>, June 2002

Eifel Center Takes Best in Air Force

By Julie Speegle

SPANGDAHLEM AB, GERMANY—When someone came knocking on his office door on the morning of June 17, 2002, Eifel Community Center Director Cravin Ham had no idea of the wonderful news they brought. The visitors were 52d Services Squadron Commander, Major Denise Hollywood and Chief of the Family Member Programs Flight, Larry Hileman bringing word that the community center Mr. Ham had headed for the past three years had just won the coveted "Best in the Air Force" award.

"I was just delighted," noted Mr. Ham. "We have really put a lot of hard work and creative innovation into making this a great community center, and now those efforts have been recognized on a worldwide scale."

Being selected as the recipient of such a prestigious award does not "just happen." The staff of the ECC says the key to their achievement is to listen to their customers, then find the resources to meet their needs. In other words, providing excellent customer service.

The real winners are, of course, the Eifel community. The ECC team successfully planned and implemented numerous base-wide events including hosting USO and DoD celebrity tour shows like Operation Seasons Greetings, Tops in Blue, the Royal Heritage and Ensemble African Dance and Cultural Group; the USAFE Regional Youth Talent Workshop and Competition, the Missoula Children's Theater and the local Extreme Summer program. They have also plugged into the community with events for all ages, including the annual Easter Egg Hunt, Spring Jubilee and the JAM! (Just Airmen) program.

And as if that isn't enough, the ECC also offers the atmosphere and convenience of the Internet Café. This operation is not only an enhancement to the quality of life for Eifel residents, but also to TDY personnel and transient users. The Internet Café is the only commercial Internet Café in USAFE, setting the standard for a benchmark program in the command.

Add to that Computer LAN gaming parties, Magic Card Tournaments, the

award winning American Community Theater group (ACT-Eifel), and taking more than 3-hundred community members to the NFL Europe League Armed Forces Day football game, and you can see why the ECC is the tops in the Air Force. For this award, the ECC really wants to put the emphasis on the word "Community."

"What I really believe placed the ECC above all other community centers for this award is our community volunteers and the support we receive from Services activities, and other squadrons and agencies in the Eifel Community," explained Mr. Ham. "If not for their support many of the programs and events that we have offered could not have taken place—so I am very grateful to the community."

With all that the ECC already does, what could possibly be on the

horizon? Besides continuing with the great programs they already have in place, the facility will be starting up Chess and Darts clubs and tournaments in the near future, plus planning for their annual Christmas Bazaar and Christmas Holiday Parade and Tree Lighting Ceremony.

"The Air Force community centers have been reconfigured as mixed-age, multi-use facilities with special emphasis on programs for families and family members, and groups such as singles, retirees, seniors and private organizations," stated Mr. Ham. "Our challenge will be to find ways to get these groups involved by developing and implementing specialized programs."

For more information, contact the Eifel Community Center at DSN 452-7381 or commercial 06565-61-7381.



The Smith Community Center hosted its 4th Annual Peach Festival on Saturday 15 June 2002 from 1000 - 1400 hours.

The event is held each year when local peaches are in season. Activities included a peach trivia contest, peach walk, peach toss, and live entertainment.

An estimated 375 people including children and adults attended this wonderful family oriented program.

UNITED STATES AIR FORCE SERVICES

COMMUNITIES

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www-p.afsv.af.mil/FamilyMemberPrograms/communitycenterprograms

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